

# 5 Popular Types of Massages

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Massage therapy has been proven beneficial, safe, and effective by various scientific researches. In fact, evidence-based medical studies show that massage can help improve your physical and emotional well-being. According to the American Massage Therapy Association (AMTA), massage therapy is highly beneficial for serious health problems such as cancer, hypertension, lower back pain, carpal tunnel syndrome, and migraine. Here are some the most popular types of massages.

## Types of Massage in Salt Lake City

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### Aromatherapy

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Widely known for its efficacy in alleviating several health issues, aromatherapy is the application of essential oils to produce psychological and emotional changes in the body. The different applications of aromatherapy has continued to increase after a French doctor, Jean Valnet, wrote a book "*The Practice of Aromatherapy*," which was published in 1982. Essential oils such as lavender, sage, eucalyptus, peppermint, tea tree, chamomile, geranium, rosemary, sweet orange, and sandalwood are known to be safe and effective in relieving physical tension and stress.

Aromatherapy is recommended for the following health problems:

- Insomnia
- Eczema
- Digestive problems
- Headaches
- Depression
- Respiratory problems

### Swedish Massage

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Also known as therapeutic massage, Swedish massage is used to enhance blood circulation and to relieve emotional and physical stress. Per Henrik Ling, a Swedish physical therapist and professor of medical gymnastics developed five massage techniques that can be used to apply deeper pressure on the muscles for improved oxygenation. Swedish massage combines long sweeping strokes using the palm (*effleurage*), kneading of specific muscle groups using finger knuckles and thumbs (*petrissage*), tapping with the side of the hands and fists (*tapotement*), warming up of the muscles by rubbing two hands together to produce heat (*friction*), and shaking and loosening of the muscles using the fingertips in a back and forth motion (*vibration*).

Swedish massage is beneficial for the following health concerns:

- Release of metabolic wastes (ideal for athletes)
- Stiffness
- Joint pains
- Enhanced flexibility
- Stress
- Osteoarthritis

## Hot Stone Massage

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Using basalt stones that are water-heated, hot stone massage is specifically designed to help relax and deeply soothe tired and aching muscles. In ancient China and Japan, hot stones were widely used to aid digestion and to relieve muscle pains. River stones were also used in India for healing rituals. Generally, a therapist begins with a Swedish massage to prepare your body. To increase the flow of energy in your body, hot stones are carefully arranged along the spine, on your stomach, in the palm of your hands, and between the toes.

**Hot Stone massage is recommended for the following health issues:**

- Poor blood circulation
- Arthritis
- Rheumatism
- Back pain
- Insomnia
- Anxiety and stress

## Reflexology

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Reflexology is a unique form of massage therapy because it targets only three specific pressure points in the body – hands, feet, and ears. These parts are believed to be closely connected to the vital organs of the human body. For instance, the major organs located in the left region of the body can be accessed via the pressure points of the left foot. The National Cancer Institute (NCI) supports reflexology's promise as an effective medical intervention in helping cancer patients cope with pain.

Reflexology is good for the following health conditions:

- Asthma
- Cardiovascular problems
- Headaches
- Diabetes
- Kidney problems
- Cancer

## Deep Tissue

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Deep tissue massage targets the inner layers of thick muscle tissues. Using slow movements and deeper muscle pressure, this type of massage can effectively realign muscle and connective tissues to relieve pain and tension. The direct pressure breaks down adhesions in tendons, muscles, and ligaments that may cause swelling, difficulty in movement, and muscular pains. Unlike other types of massages, deep tissue massage is highly specific.

Deep Tissue massage is ideal for the following conditions:

- Soft tissue injuries
- Fibromyalgia
- Arthritis
- Chronic muscle pain
- Limited mobility
- Blood circulation

Massage is an effective antidote to stress. If you want to relax or reduce physical stress, consider getting a therapeutic massage from a reputable massage clinic.